Boundaries Worksheet

Practical steps for establishing healthy boundaries while prioritizing your emotional safety and peace.

A boundary is not about controlling another person. It is about identifying what you need in order to protect your well-being, live with integrity, and move forward in a healthy way.

Prov. 4:23

"Guard your heart with all diligence, for from it flow springs of life."

Scripture admonishes us as individuals to "guard our own hearts", to protect our peace, to give voice to what we need etc. Creating boundaries gives us the framework to do this.

1. Name What Is Hurting

What situations, conversations, behaviors, or patterns are creating the greatest emotional stress for you right now?

2. Identify What You Need

What do you need in order to feel emotionally safer and more grounded?

Consider things such as time, space, honesty, respectful communication, privacy, support, or limits on certain conversations.

3. Decide What Is Yours to Carry

What are you taking responsibility for that actually belongs to someone else?

Putting Healthy Boundaries Into Words

Clarity helps you communicate a boundary calmly, respectfully, and consistently.

Matt. 5:37

"Let your yes be yes, and your no, no, for anything less is from the evil one."

This scripture shows us exactly how to set a boundary. Simply and calmly, let your yes be yes, and your no, no! No need to defend, make excuses or justify – just state what you need to guard and preserve your peace!

4. Write the Boundary

Complete this sentence:
"In order to protect my emotional well-being, I need _____."

5. Decide What You Will Do

A healthy boundary describes your response—not a demand that another person change. If the boundary is crossed, what action can you take?

6. Prepare to Communicate It

How can you communicate this boundary clearly, without attacking, defending, or over-explaining?

7. Give Yourself Permission

What truth do you need to remember when guilt, fear, or pressure makes you question the boundary you have set?

Healthy boundaries are not punishment. They are a way of making room for truth, safety, healing, and peace.

Your story isn't over. Healing is possible. You are not alone. There is hope.

The Silent Wound • Faith-centered encouragement for the healing journey